



Tactics Manager

Obstacle Course!



Date:	8/Mar/2016	Measurement:	20 x 20 Yards
Time:	N/A:N/A	Players:	10
Duration:	N/A	Level:	U5 - U10

Objective: balance, co-ordination, speed agility & quickness

Description: Players move around various obstacles working on different moving skills such as hopping, jumping, skipping, running forwards and backwards.

Coaching Points: challenge them to go through as many obstacles in 30-45 seconds as they can, and then try to beat previous scores. Try to ensure good posture and correct movements.

Progression: Start with no soccer balls, just focussing on running and jumping movements. Progress to adding parents at the end of each station for the kids to pass the ball back to, one bounce catches etc.